



PT Enhancement Program

Dieting Tips to Help You Succeed

FM 21-20 clearly states that a combination of a proper eating plan and a consistent exercise program is the proven way to lose excessive body fat:

- **Avoid viewing what you eat as a “diet.”** That term often refers to a short term eating strategy. Instead view it as an eating plan to be healthy and fit.
- **Watch out for high calorie food that isn’t the main course:** sugary drinks, condiments (ketchup/mayo), gravy, salad dressings and sauces, gum/candy.
- **You don’t need the crutch.** Things such as coffee and sodas are extra calorie foods that your body doesn’t need. Many people get along perfectly well without consuming them so don’t lie to yourself and say that you must have them to be productive.
- **Eat raw vegetables at every meal.** Not only are they good (vitamins/minerals) for you, they will also help you to feel full and help reduce your cravings.
- **Drink plenty of water,** especially with your meals and snacks, to aid in hydration and to increase your feelings of being full.
- **Avoid sugary foods** in that it increases cravings and will make you want to consume more thereby increasing caloric intake and ruining your eating plan.
- **Brush your teeth with minty toothpaste.** This can help give you a sense of “I’m done eating,” after a meal and can often aid in reducing cravings.
- **Eat breakfast.** Be sure to include some sort of protein (example: lean meat/nuts) in the morning for breakfast. The body will slowly break down the protein and fat and help fight off food cravings. Additionally, having a good breakfast will help keep you from over-eating at lunch.
- **Plan ahead as much as possible** when it comes to eating so that you won’t have to resort to what’s available like something from a fast food joint or the snack machine.
- **Don’t deny yourself** anything, but save those special treats for special occasions or at least keep them special by not consuming them everyday.

----- Created by 235th KSRTI PT Enhancement Program